Hi there Year 1s,

Welcome to our Medicine family at the University of Adelaide! You must be eager to embark on your journey through Bachelor of Medicine and Bachelor of Surgery (MBBS) program. Hopefully this handbook will help you to kick start on the right foot. 😊

This handbook consists of two parts.

1. The first part is a compilation of textbooks that your seniors have found to be useful, filled with comments after having used those books. You will come to find that you will heavily depend on textbooks (as oppose to lecture notes like in the past) in our course- esp. at our university! I also understand that each of us have our own learning styles and preferences (for the different authors/books on the same ‘subject’) so I have tried to include as many comments/views on each textbook as much as possible. I’d advise you to read through the comments and pick the books that you feel will suit you best and hopefully serve you well later on.

2. The second part of the book is about the ‘modules’ or lessons that you will sit through in this course at Uni of Ade. In each section you will find advice and feedback given by seniors from batches before you. The purpose is to give advice and feedback given by seniors from batches before you. The purpose is to give you a better understanding about the structure of our MBBS program, or even enable you to take some of the tips and tricks kindly offered by everyone for you.

We hope that these will assist you in your preparations
Feel free to contact me with any queries at serenawang@live.com.sg
And See you very soon! 😊

Serena Wang
Medical Wing Representative
Health Science Representative
University of Adelaide Singapore Association
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   ii. Clinical Skills
   iii. Resource
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4. Important Addresses
As you have probably expected, university education is much different from that of JC's, and there is no set curriculum. A lot of your learning is INDEPENDENT and will be acquiring from a variety of sources and thus, there is also no standard set of booklist. However, we would **highly recommend** you to have at least one of each of the following books:

1) 1 Anatomy and 1 Physiology / 1 Combined anatomy + physiology book
2) 1 Clinical medicine
3) 1 Physical diagnosis
4) 1 Pathology
5) 1 Histology

The books in Singapore are **significantly cheaper** than if you purchase them in Australia (can be 1/3 the price!), so we would suggest buying them in Singapore and bringing them over - do consider this massive amount of weight when packing!

Making a decision with regards to your textbooks can be a very difficult process especially when you have yet to start the course. So here’s to help you with it:

a) **BOOK BUYING DAY**: A trip to the bookstores will take place in January with us, your seniors, where you will be guided and given advice appropriately while you purchase your textbooks.

b) Seniors may have **PDF copies** of some books. Ask around to see if you can get more e-books to supplement the books you already have. Most books actually have e-copies but some books will be used so often it might just be more convenient to get hard copies of them.

c) **Online resources** on the school website are extremely useful. Check out medscape (free sign up online), mdconsult (through school’s website) and other useful resources on the AMSS (Adelaide Medical Students’ Society) website [http://www.amss.org.au/](http://www.amss.org.au/)

d) Feel free to contact your buddy/ any of the seniors with any queries you might have - we’re all happy to help you out!
Note:

1. You might want to also purchase a stethoscope, as it’s compulsory to have one for Clinical Skills. (Commonly used brands are the Littman and Spirit) Littman is considered to be the better and more expensive brand. Some people have noted that Mustafa is a cheap place to purchase from.

2. Other optional purchases include a sphygmomanometer (blood pressure taking equipment), tendon hammer and pen torch.

3. Your PACKING LIST should also include: Lab Coat and Safety Goggles (cheaper to purchase in Sg- you can easily get from NUS) and closed shoes for Biology and Resource Lab sessions. And also, Professional attires for Clinical skills once every week.

Tips from seniors:

“Textbooks are definitely a worthwhile investment and if you buy the right one it will last you for a long time. It’s good to buy your own so u can do all your highlighting and note-taking, but I think you really don’t need to buy so many.

One good anatomy, physiology, pathology textbook is a definite must have, but there are lots of different anatomy books/atlas, physiology texts, combined texts and basically all the various books u want available from the school library. And u can perpetually borrow it through the year? Like you just have to renew the loan and u can hog the book for a long time.

The seniors have e-books which have been passed down through generations; we have like collectively more than 10gb of textbooks I think. So if you’re the kind that studies straight from the laptop then you might not need to buy so many textbooks. Then there are also many medical websites that we use to get information from.” Shanti, Yr 3

“At this stage, there’s no need to go running off to buy every other textbook to ‘complement’ another one as every textbook will have some info that another one doesn’t. The important thing to note is that we need to understand the main concept, not some miniscule detail. The exception to this is Physiology as I found myself wondering why I didn’t get Sherwood (in 2nd semester). But I still support Guyton!!" Sheng Yang, Yr 3
Anatomy

The study of morphology (structure, form, and positioning) of the adult human body

Or in short: What things are, where they are

“Every/most anatomy books organize their information in Regions, i.e. body parts, whereas our University approaches anatomy by Systems i.e. Cardio (heart), Urinary, Respi (lungs), etc. Initially this will be confusing as you have to flip between regions of the anatomy text, but it is something I feel one will have to get used to. Get a good/detailed anatomy textbook from the start so you don’t have to waste money, as 1 decent book will suffice.” HanYang

Clinically Oriented Anatomy by Keith L Moore

“I would strongly recommend this book as besides offering the basic anatomy that we all have to learn, it includes clinical significance to an extent, which I found to be useful. The amount of material will be overwhelming but information that is specifically looked for is easy to find. Also it contains surface anatomy, which you will find to be essential. The reason why I prefer this to gray’s anatomy is because of the extra bit of clinical significance.” Vishnu Yr 2

Strongly recommended. It is more comprehensive than grey’s anatomy. Moreover, it contains very good diagrams and the text is easy to understand. Used it a lot during semester 2 for the limb cases Alicia Yr 2

‘I would choose Moore’s if I were to only get one. And use an atlas to supplement.” Vera Yr 2
<table>
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<th>Comment</th>
<th>Author</th>
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<tr>
<td>It gives a really good and systematic study of anatomy and that's very useful especially for muscles when there's a whole chunk to learn, if you go by it step by step, it makes studying anatomy a lot more friendly</td>
<td>Tess</td>
<td>Yr 2</td>
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<td>This is the book I use. It is quite a challenging read because Moore goes into details way more than what you need for first year! As such, you have to flip around a hundred pages and filter the information you need to prepare for resource. Despite the trouble, I find it rather rewarding reading Moore because it has really good description and diagrams. This book also gives you some clinical perspective of anatomy, which could be useful sometimes. Something to take note is that, the textbook is written assuming you have basic knowledge of anatomy. To breeze through this book, I recommend that you read the basic anatomy stuff from tothora before venturing into Moore.</td>
<td>Jin Lin</td>
<td>Yr 2</td>
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<td>“Very Good to go deeper into the clinical significance of various anatomical structures or damage to various anatomical parts. Can be overwhelming if used without prior knowledge.”</td>
<td>Frederick</td>
<td>Yr 3</td>
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<td>“... clear diagrams which are drawn from different angles as it helps in visualising 3D images of that body system. I also like it for its clinical applications, which come in handy when answering Resource questions! But I would also recommend having another anatomy book with cadaver photographs as these are the types of pictures used in resource exams.”</td>
<td>Christina</td>
<td>Yr 3</td>
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**Gray’s Anatomy for Students by Richard Drake**

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<td>“... simple to understand with many diagrams and what I like is how they split the book into regions and the CBL (case-based learning) cases follow gray’s anatomy too. They also have surface anatomy.”</td>
<td>Wanxian Liang</td>
<td>Yr 4</td>
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<td>“Very comprehensive with good diagrams for basic</td>
<td>Frederick</td>
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anatomy. Great place to start especially with new parts of the body that you know nuts about”

Sufficient detail for year 1. Try to start early and learn consistently. The major anatomy cases are in semester 2 so try to start learning limbs and spinal cord before the June holidays. Having a brief overview will really be helpful.

Very good book, definitely useful and applicable for Year 1. The only downside is that you need to get used to finding correct stuff so bookmarks will be good.

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**Clinical Anatomy by Regions by Richard S Snell**

“Recommended (cause I only used this & Moore’s & I prefer this)
I recommend Snell’s as it carries a great wealth of information & it’s used by NUS. Highlight of the book are the Clinical Snippets in every chapter, which will answer almost every question on your resource worksheet. They also provide insight into practical application of Anatomy. Thus CLINICAL anatomy – HAHA.
Drawbacks of using Snell’s is that the illustrations appear too cheapskate? But don’t get me wrong; the pictures deliver their information as well as any other book. You could use this in tandem with a good atlas such as Netter’s or Rohen’s.”

“What I find most useful about Snell is the way they describe the anatomical positions of the surrounding structures around a particular organ. It is very useful in the anatomy lab as you can use surrounding structures to identify an unknown organ. There are little sections on clinically relevant data and it has helped me through some of my cases. Moreover, there are various forms of imaging like x-ray, cadaver pictures.”

“I am currently using Snell’s (Think NUS is using them as well) Anyway, I think the organisation is quite messy. The pictures and text are not really together so it is quite irritating when you are looking for stuff. But I do like their
table of muscles and stuff for upper and lower limb which you guys will need to know in later part of the year. But of course other anatomy books will have them as well."
# Anatomy (Atlas)

In short: A map of Anatomy

## Atlas of Human Anatomy by Frank H Netter

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<tr>
<th>“I feel that it is possible to do without an atlas for first year. A good anatomy good like Gray's or Moore's is more than sufficient. However, if you feel you learn better by looking at colourful pictures and less text, one can get an atlas to supplement your learning. I personally used Netters, which had very beautiful and clear drawings with labelling at the side, which helps when you want to cover the labels to test yourself. There are also cross sections at the back of the book.”</th>
<th>May Yr 3</th>
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<td>Awesome book. You can use it to memorize relevant (maybe more) anatomy from this book. Lots of diagrams shown in resource sessions are from here (you don’t get to keep the pictures) so, it’s helpful to revisit those diagrams for revision. The only down side is that there are no cadaver pictures but I’m sure you can work organs out if you know what’s around them.</td>
<td>Ben Yr 2</td>
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## Thieme: Atlas of Anatomy by Anne M Gilroy

| “...Thieme has very accurate anatomical representations but it is more expensive and not as many shops in Singapore sell it. Try to find anatomy books that also have cadaver photographs (e.g. Rohen’s) because they are more representative of what will be tested in the anatomy examinations compared to any drawing.” | Ryan Jalleh Yr 5 |

## Color Atlas of Anatomy: A Photographic Study of the Human Body by Johannes W Rohen*

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<th>Review</th>
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<td>&quot;Rohen is the atlas to go for as the book uses pictures of cadavers while the exams use specimens from cadavers and not drawings from a book, which makes it a lot easier to relate to as compared to other atlases that use drawings such as Netters. It will be good to own a set of Netters Flash Cards because they help a lot in revision.&quot;</td>
<td>Tommie Choo</td>
<td>Yr 5</td>
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<td>&quot;Definitely recommended. Looking at cadavers in the resource session contains a fair bit of information of anatomy, pathophysiology and pathology combined. Noting down and learning all of them cannot be expected. To reinforce the knowledge of anatomy, this resource is useful. The diagrams and pictures are well organised and not overwhelming. With actual cadaver pictures, it enables you to identify the various structures in the body, which cannot be learnt from simple anatomical diagrams. Physiology and pathophysiology tends to be reinforced during CBL sessions but not so much anatomy. Much of it will have to be self-taught and this resource would allow you to do that.&quot;</td>
<td>Vishnu</td>
<td>Yr 2</td>
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<td>Recommended. Especially since resource sessions are short, we don’t usually have the time to see all the cadavers, this comes in handy as it contains photographs of the cadavers. Very useful as exam pictures are not just diagrams but cadaver pictures too.</td>
<td>Alicia</td>
<td>Yr 2</td>
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<td>A textbook that teaches you anatomy via photos of (real) dissected cadavers. Won’t die without it, but its good to use to test yourself gross anatomy. Very nice and large images that is well labelled. I quite like this book, although I probably only used it like 3x in a year. There isn’t really another textbook mentioned above that covers this area, so you may wanna get it. Anatomy textbooks like Gray’s and Moore’s rely on cartoons and diagrams to teach you. This means they can reach greater depths and detail, but it also means you won’t know how the real thing looks like.</td>
<td>Ryan Chia</td>
<td>Yr 2</td>
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<td>Good for revising before/after resource sessions as it’s really what you see, takes time getting used to (especially when you’re studying in your room alone)</td>
<td>Tess</td>
<td>Yr 2</td>
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<td>Hardly used it but definitely a good one to revise muscles.</td>
<td>Steven</td>
<td></td>
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Physiology

A study of function of living systems: This includes how organisms, organ systems, organs, cells, and bio-molecules carry out the chemical or physical functions that exist in a living system.

In short: How things work

“For physiology books, it tends to be a battle of Guyton and Sherwood. Guyton seems impressive when it is brought up during CBL sessions; but when it comes to reinforcing basic foundations in physiology, Sherwood is better. But as the year goes, you will find that everyone will be using a combination of both resources. For first years, for the sake of building a strong foundation I would recommend using Sherwood first. You probably would use Guyton more in the later years but in first year I would recommend it as a supplementary reading. Both contain fair amount of information and for different cases have different strengths. My advice is before reading these books, Tortora should be the first port of call as it gives you a good overview and allows you to narrow down specific bits of information that you find that you need to focus on. You can go looking for this in the abovementioned 2 physiology texts. You cannot expect to read and learn entire chapters in these books. These books are for looking for specific bits of information.” Vishnu

“Tortora (combined anat-physio) is good for first time reading/last minute CBL prep and for simple embryology (pregnancy case) but for more in depth, Sherwood is a must have. Didn’t use guyton much except during exercise physio case, anaemia case and maybe just a couple one or two lookups for the other cases.” Vera

**Human Physiology: From Cells to Systems by Lauralee Sherwood**

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<th>“Strongly Recommended I used Sherwood heavily for physiology. This book is seriously seriously all you need to ACE year 1. 1. The diagrams &amp; boxed information are all TESTABLE materials that come out for every exam. 2. Very beginner friendly, it references medical terms”</th>
<th>HanYang Yr 2</th>
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to earlier chapters in the book to help you recall prior concepts.
3. Easy to comprehend. Feels like someone is narrating the text to you. Yet carries sufficient detail for you to contribute actively in CBL.
4. SCAP students, tutors & lecturers acknowledge the university derives its Year 1 Physiology material from this book.
5. Considering in Year 1 you’re adapting to the course & academic rigor of medicine, this book is a perfect balance between time management, information detail & grades

Drawbacks: possibly draggy, as the author loves to reiterate major concepts."

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<th>Not recommended. Some first years thought this was very useful as it had quite a fair bit of information. However, I hardly touched Sherwood and found that it was very disorganized. The information was very scattered and it had very chunky texts. Therefore, from my perspective, studying from Sherwood was very time-consuming. Guyton and Tortora, read together, are more than sufficient.</th>
<th>Alicia Yr 2</th>
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<td>Sherwood is definitely useful, a lot of MCQs and CBL points are taken from Sherwood, and a lot of lecturers take info and pictures from Sherwood as well. So if none of the first years are getting Sherwood, they will be at a very big disadvantage.</td>
<td>Steven Yr 2</td>
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<td>Sherwood is a thickened Tortora that places greater focus on physiology at the expense of anatomy and histology. As such, you may find that it is harder to appreciate an overview of cases because anatomy/histo/physio is not integrated in one chapter. Sherwood has poorer organisation of facts than Tortora (and Guyton). It is harder to appreciate its contents by flipping halfway through a chapter, or when you’re searching for specific points halfway through your own study. It is instead a textbook that is best read as a whole chapter. As you do read it patiently from page to page though, you'll find that its explanations are very clear and analogies are</td>
<td>Ryan Yr 2</td>
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provided to ground your understanding of concepts they're putting forth. As you read on, you'll find that things piece together very nicely to paint a complete picture, at the expense of time. The level of detail it provides is also more in-depth, which is very much appreciated when you want to know more. It is definitely good knowledge for CBL and your own understanding of physiology. Sherwood uses good diagrams and tables to deliver information as well. People good with diagrams, tables, and information delivered in prose will find Sherwood a good read.

"SHERWOOD. I dislike Guyton for its extremely long paragraphs of words which I do not understand. Sherwood is an excellent companion for a first year as it gives good simple explanations and also contains many useful “mechanisms” that you will aid you in understanding and come in very useful for CBL."

Izwan
Yr 3

“Sufficient details, yet not too heavy, highly recommended. Should be read in conjunction with an anatomy text.”

Frederick
Yr 3

“I use Tortora, Sherwood and Guyton. For first year, I found that in first semester I used Sherwood and Guyton. I used Tortora a lot more in second semester, and Guyton to add more detail to my knowledge. Although Tortora is probably only useful in first year, I think it’s a worthwhile investment. Guyton will last through the pre-clinical years. And I guess Sherwood is somewhere in between.”

Shaan Sundram

<table>
<thead>
<tr>
<th>Textbook of Medical Physiology by Arthur C Guyton</th>
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| Guyton is an advanced physiology textbook that does not work well on its own in your preparation for | Ryan
Yr 2 |
year one. It is instead used only when you’ve had a foundation in basic physiology that you’ll get from Tortora or Sherwood. Don’t expect to start learning a totally new chapter by starting with Guyton, because it has a lot of assumed knowledge required to understand. However, Guyton does provide very interesting and in-depth physiology that can test your current understanding of physio and in the process, actually help in your overall understanding of your basics. It does intelligent facts that may make you sound good in CBL. But it is close to useless when it comes to exams, because exams will not expect Guyton-standard. Also, you're probably better off having a good grounding in Sherwood/Tortora than trying to jump asap to Guyton (which means if you really want to use Guyton, you’d have had quite a lot of study time going on prior) Guyton does have excellent paragraphing and organisation. Although I use Guyton sometimes, I find it is quite redundant at year1.

| You might not need it for first year. There is only one chapter which you need from the textbook which is “Exercise physiology”. I would just use the ebook version. For practical sake, they are not gonna test you stuff from guyton cos it is way too detailed. | Jin Lin Yr 2 |
| Guyton. Actually an easy read contrary to what most people say. Reason is that information is divided into small paragraphs each with its own heading. Thus its good for some obscure learning objectives in CBL. | Darryl Yr 2 |
| “Not Recommended for Yr1 Guyton & Hall is a traditional physiology text that provides comprehensive knowledge regarding physiology. It is recommended to be used in Year 2 onwards, but if you’re up for the challenge of diving straight into the depths of medicine pls go ahead. As a year 1 student you will need to meticulously sieve through | HanYang Yr 2 |
| the incredulous amounts of information in this book in order to make the most of your time." | Alicia  
Yr 2 |
| Strongly recommended. Information given is easy to understand and extremely well organized. Useful for a few cases in year 1 and I believe this book is an investment as it will definitely be of good use in years 2 and 3 | Tess  
Yr 2 |
| Most people will say it’s too in depth for first year, but you’ll find many people still use it. So in order to keep up, it’s good to refer to it sometimes. It’s also a good investment piece. It’s easy to read, provided you understand the terms they use or are willing to look it up as you read it. | Kathryn  
Yr 3 |
| “Guyton!! For more detailed and comprehensive explanation choose GUYTON. Works well in reference with Tortora (combined anatomy and physiology book). Read the simplistic explanation on Tortora then the more detailed version in Guyton.” | Shanti  
Yr 3 |
Combined Anatomy and Physiology

**Saladin: Anatomy & Physiology by Kenneth Saladin**

“The book I found the most useful throughout the entire 1st year was Saladin’s Anatomy & Physiology: The Unity of Form and Function. Not only is it a combination of both Anatomy and Physiology in one book, but it also contains cadaver photographs and several chapters that help greatly in biology and histology. Furthermore, it is easy to understand and not at all tedious to read. Although getting a pure anatomy book and pure physiology book offers a broader range of information and detail, I found Saladin was more than sufficient for 1st year. Tortora is good too, however it’s index is not very detailed and it can be difficult to find specific topics. I strongly recommend Saladin’s.”

- Ryan Jalleh
  Yr 5

**Principles of Anatomy and Physiology by Gerard J Tortora**

Tortora is kind of THE “med bible” for year 1. If all else fails, just reading tortora and going through past year questions should get you through year 1.

- Darryl
  Yr 2

VERY STRONGLY recommended. Used extensively. Very organized and the information it contained was very easy to understand and follow. Diagrams were extremely useful. Sufficient for 1st year. I think almost ALL the first years used tortora. A

- Alicia
  Yr 2
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<tr>
<td><strong>DEFINITE BUY! :)</strong></td>
<td></td>
<td>A MUST for first years! know it well and you’ll definitely pass and perhaps even do well!</td>
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<td></td>
<td></td>
<td>Tortora is my first go to book for CBL preparation. It is short, and concise and provides very relevant information pertaining to CBL. It is a textbook that gives you basic anatomy, histology and very decent physiology. You’ll actually find some information in Tortora that harder textbooks fail to include. I find it is useful for me cause I organise information in dot headings/dot points/lists, and with Tortora, half of that is done for you already from its paragraphing/organisation. Tortora loses out when you start to want to know fine points that are omitted in its bid to maintain its straight-to-the-point delivery (which btw, isn’t going to make a whole lot of difference. Knowing Tortora well places you in good standing already)</td>
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<td>“TORTORA!!! Excellent way to start reading up about anatomy and physiology, fits the information very well together. Good introduction to the core subjects areas. Very organized text and easy to understand.”</td>
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<td>“This book is nothing short of amazing. It has everything from anatomy to physiology to histology and even random clinical facts. I personally supplement it with Grey’s for pure anatomy and Guyton for pure physiology, but this book itself is the best way to go for CBL, especially for first sessions of every case. It gives you a really good idea and clear overview of the system you are going into, with sufficient depth. It summarises everything really nicely, it’s pretty, and it’s easy to read. It’s AWESOME.”</td>
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Clinical Medicine

The focus on nature of patient care (clinical relevance)

In short: Includes investigations and management - which will be needed in 3rd and 4th sessions of every CBL case (see: what is CBL about below)

Kumar and Clark: Clinical Medicine by Parveen Kumar

Clinical medicine textbook, which means it covers things like management of patients with certain diseases, drug names & dosages (really irrelevant for us now) clinical features such as signs and symptoms of disease, and some surprisingly good physiology relevant to certain diseases. You can make do with online resources actually, and I only found myself using Kumar and Clark for very few things, but for stuff that I used it for, it was really good. I think its a textbook that you’re probably better getting at higher years where you actually focus more on clinical stuff.

Ryan Chia
Yr 2

“For Clinical Med, I have K&C and Harrison's. I seldom use Harrison’s, only use it when I can’t find sufficient information in K&C and Robbins. K&C is a must-have for 1st year and subsequent years in my opinion. Cecil’s is also really good, but I don’t think it’s necessary to purchase in first year, especially since we have access to it on MDConsult. (A website that students to view the contents of certain textbooks online)”

Shaan Sundram

“I use Kumar and Clark. Good organisation and colours, easy to read. A valuable but often overlooked textbook as it doesn’t occur to many people to use it. However, I

Sheng Yang
Yr 3
discovered that it is a gem of a book when it comes to treatment and management options, meaning that you won’t have to scour the internet searching for them. It is also able to link both the origin of the disease and its treatment options together in a nice summary, useful seeing that Robbins can be quite wordy at times but is by no means a replacement."

Cecil Textbook of Medicine by Lee Goldman

Don’t get Cecil’s. It’s extremely good but... not worth the money as you can find an online copy in the university website. Easily accessible.

Harrison’s Principles of Internal Medicine by Dennis L Kasper

I found myself increasingly using this book towards the end of the year such as the diabetes case. For just a few pages, I understand the disease in fulll- from epidemiology (statistics) to pathophysiology (good for mechanisms/understanding) to management.
Physical Diagnosis

In short: Interpretation of Signs and Symptoms - Used more often for clinical skills lessons

**Textbook of Physical Diagnosis by Mark H Swartz**

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<td>Some guidelines you are required to write are not found in Tally &amp; O’Conner so, turn to Swartz. Having the e-book is good enough.</td>
<td>Ben Lee Yr 2</td>
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<td>“I found Swartz very long-winded but it has excellent pictures and tells you step-by-step how to perform every procedure so it was good in that sense. Tally is the bible however. It is THE book although its illustrations may not be that good. The two books complement each other very well.”</td>
<td>Shazia Quadri</td>
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<td>“Good thing about Swartz is that it includes some anatomy and physiology to explain the clinical presentation, whereas Talley expects you to know some of it already, i.e. it requires you to read up on the basics first in order for you to understand the clinical presentation.”</td>
<td>Tommie Choo Yr 5</td>
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**Clinical Examination by Nicholas J Talley and Simon O’Connor**

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<td>“Talley is the way to go :) it compartmentalises the information in a much more clinical way than swartz, and it has better explanations and good pictures. swartz has useful information too but if you want to purchase one i’d definitely say buy talley. If im not wrong talley is cheaper to purchase in Australia.”</td>
<td>Shanti Yr 3</td>
</tr>
<tr>
<td>“Talley &amp; O’Connor: Personally, with this, you don’t need Swartz. Short, sweet and sharp, clear cut instructions with”</td>
<td>Frederick Yr 3</td>
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some explanation on why certain physical examinations are performed. Some “googling” might be necessary for new terms."

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<thead>
<tr>
<th>Review</th>
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<tr>
<td>“This book is popular with a large majority of the student &amp; tutors. It is nicely organized into Presenting Complains/Symptoms, Physical Examination &amp; Differential Diagnosis. It is precisely the way CBL &amp; clinical skills is structured. It provides a good guide to taking a medical history, performing physical exams &amp; even some explanation as to the respective signs &amp; symptoms.”</td>
<td>Vera Yr 2</td>
</tr>
<tr>
<td>HanYang “STRONGLY RECOMMEND. Copy and paste for clin skills guidelines, confirm A.”</td>
<td></td>
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<tr>
<td>Talley. Very useful. Especially for portfolio of guidelines. You can literally copy and paste, but tidy the information up.</td>
<td>Darryl Yr 2</td>
</tr>
<tr>
<td>Recommended. It is useful when doing guidelines for clinical skills. Good summaries and pictures.</td>
<td>Alicia Yr 2</td>
</tr>
<tr>
<td>A great a systematic read!</td>
<td>Tess Yr 2</td>
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<tr>
<td>Must have. Enough said.</td>
<td>Steven Yr 2</td>
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# Pathology

*The precise study and diagnosis of disease*

In short: what can go wrong

## Robbins & Cotran Pathological Basis of Disease by Vinay Kumar

<table>
<thead>
<tr>
<th>Quote</th>
<th>Author</th>
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<tr>
<td>“Robbins &amp; cotran is a very useful book, it is up to date with good diagrams. The content is fantastic, but needs to be carefully read lest misunderstood. The university pathophysio professor Angela Barbour is in love with this book, so basically she lectures, makes notes &amp; sets exam questions with reference to this.”</td>
<td>Han Yang</td>
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<tr>
<td>Recommended. Good investment, gives good information on the pathophysiology of certain diseases.</td>
<td>Alicia</td>
</tr>
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<td>“As the year went on, I found that I was using this book less and less. But this book is not only for first year. It will be used in later years too. It allows you to firm up your knowledge of various diagnoses that you find yourself conjuring up. The amount of information can be overpowering, but remember this, it will be used in upper years. Why buy it in first year? I would recommend it because it does have information of certain diseases, pathophysiology and a bit of histology combined that you can use in first year. So it is relevant for first year.”</td>
<td>Vishnu</td>
</tr>
<tr>
<td>“I use Robbins and find it quite useful when finding clear explanations on patho. They have a really good section on inflammation which is pretty important in the study of medicine.”</td>
<td>Keith Koh</td>
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<td>“I used Robbin's and I found it is the ‘Guyton of Pathology’. In other words, it has a great amount of detail and makes a very good reference but is not something that is easily read from front to back.”</td>
<td>Ryan Jalleh</td>
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Similar to Guyton, it is very useful in understanding complex pathology as it goes into great depth."

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<tr>
<th>Insane detail that seriously, isn't really required in year one. You can try flipping through Papa Robbins and all you see are not words but numbers and greek alphabets that are the specific names of molecules of chemicals that isn't really what we're supposed to know. I'd recommend the baby Robbins because it provides very good basics (that are so important and yet hard to find) in more concise and understandable way. I really think Papa Robbins isn't for medical students but actual pathologists; too much jargon that dilutes the relevant clinical information.</th>
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<td>Ryan Chia</td>
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Robbins pathological basis of disease. Year 1 doesn’t really cover a lot of patho in depth, but it might be useful for resource/CBL.

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<th>The best path book- everyone uses it so stick with it</th>
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<tr>
<td>Darryl</td>
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Very useful. But need to use websites to supplement the information.

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<td>Steven</td>
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**Mama Robbins (smaller version)** is more than sufficient! It is about half the size of Papa Robbins. It doesn’t get overly detailed such that you do not drown in names of molecules or receptors etc

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<tr>
<td>Ben Lee</td>
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Robin’s Pathology: Clinicopathologic Foundations of Medicine by Emanuel Rubin
Wheater’s Basic Histopathology: A Color Atlas and Text by Barbara Young

“Wheater’s Basic Histopathology is one book that not many know of. This book is one of the very few histopathology books left around. The exams contain pictures of histopathology slides, which I believe having this book helps to be able to identify those slides. One thing to note is that you need to be able to identify everything normal first, be it physiology or histology, before entering the world of pathology.”

Tommie Choo
Yr 5

Lily’s Pathophysiology of Heart Diseases:

An excellent book for heart diseases. Information is actually easy to understand, yet in depth. You’ll have difficulty finding this level of information and detail in one textbook/online resource. Do take it easy though with the information though, just pick out stuff that is relevant and keep it realistic with the information in there. You really only need the basics from it.

Ryan Chia
Yr 2

This book will your build your foundation for the heart cases (first 4 cases for CBL) and hence your confidence for the rest of the year! There are also E-copies available for this book.

Serena
Yr 2
Histology

Study of the microscopic anatomy of cells and tissues. It is performed by examining cells and tissues commonly by sectioning and staining; followed by examination under a light microscope or electron microscope.

In short: Things viewed in miniscule

Wheater's Functional Histology: A Text and Colour Atlas by Barbara Young

| “For histology, nothing more than Wheaters was enough in 1st year. It is concise and has all of the important information we need to know.” | Keith Koh |
| “Wheater's is all you need for first year. I personally used Wheater's and Junqueira to supplement some stuff. Ross is just really wordy and could be too overwhelming for first year.” | May Yr 3 |
| “The disadvantage of buying this book is that it is already available for free online. But I prefer having a physical version. I found it useful in my study of histology, as the diagrams are all well organised and easy to read. It may not help you answer online histology questions but this book is good for building your foundation in Histology. Instead of copying and pasting answers, this book would aid with logical thinking and from that inferring the answers to the online histology questions.” | Vishnu Yr 2 |
| Simplest of the lot with good organisation and pictures that are almost always within the same page. Information is placed nicely in each section which I find makes quite a big difference. You will not find yourself flipping back and forth to look for a specific information. I've heard it is sufficient for year one. It is probably the easiest textbook to get started with histology, and I actually think you won't lose out to people using more complicated textbooks because histology isn't a tested to a | Ryan Chia Yr 2 |
very in depth level.

| If you are looking at finishing your histology questions fast and know enough for exams, wheaters is the book! I used to spend hours on histo while using Ross and junqueira, but when I started using wheaters, everything was a breeze. | Jin Lin  
Yr 2 |
| --- |
| Not that great for info but great for pictures, i would recommend ROSS | Tess  
Yr 3 |

**Histology: A Text and Atlas by Michael H Ross**

| Highly recommended. It is extremely easy to understand, has very good information and diagrams. It is definitely much more useful than Wheaters or Junquiera when answering online histology questions. | Alicia  
Yr 2 |
| --- |
| “May seem overwhelming at first, but once you figure out what all the new words mean, provides clear explanations, organised into various body systems. Might be a bit too brief in some areas. To be read in conjunction with a physiology text.” | Frederick  
Yr 3 |
| “Can't believe I’m saying this, but... ROSS!!! And used in tandem with Junquiera 😊 Similar to Tortora and Guyton, Ross = More detailed; Junquiera = Simplistic Overview.” | Kathryn  
Yr 3 |
**Junqueira's Basic Histology: Text & Atlas by Anthony L. Mescher**

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<tr>
<th>Statement</th>
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<tr>
<td>Junqueira is midway in terms of difficulty between Wheaters (simplest) and Ross (hardest). I find it is more than sufficiently detailed for year 1. The organisation of Junquiera isn't very good, and you'll find that you need to read/flip quite a bit before you find a clarifying point that you were looking for. For example, you'll find that much of the time, a text you're reading refers to images that are 3-4 pages later. Also, the information tends to be split up between its normal paragraphs and long descriptions below images. I find these points affect the flow of your study.</td>
<td>Ryan</td>
<td>Yr 2</td>
</tr>
<tr>
<td>I used Junqueira but honestly, just do the online histology questions and answer them properly. That should be sufficient.</td>
<td>Darryl</td>
<td>Yr 2</td>
</tr>
<tr>
<td>“Never used any others except during bone histo I used wheaters to supplement. It pretty much covers what you need to know.”</td>
<td>Vera</td>
<td>Yr 2</td>
</tr>
<tr>
<td>“While Histology textbooks are good practice for resource examinations, I wouldn’t consider them to be essential. Saladin’s (a combined anatomy and physiology textbook) contains a histology chapter that gives a really good summary of histology and annotates its pictures so it’s easy to understand what is being shown under the microscope.”</td>
<td>Ryan Jalleh</td>
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Program Components

The following section is just to provide you guys with some tips for the essential components of the university’s MBBS program. When you first start Year 1 med, you might find it slightly overwhelming at times, and hopefully what we have here will help to mentally prepare you for what’s in store, and the important dos and don’ts.

In Year 1, The essential components that make up the bulk of the program are:

1. Case–based learning (CBL)
2. Clinical Skills
3. Resource
4. Medical professional and personal development (MPPD)
5. Biology
Case-based learning (CBL)

**What is CBL all about?**

CBL is the core component of Adelaide University’s MBBS program. It is held 3 times a week-2hours each session. It is COMPULSORY to attend every session.

In every session, you will discuss medical cases- each case takes up 4 sessions. You will be divided into groups, which have 10 students and 1 tutor in each group. The tutor may or may not be a doctor, but he/she will usually be well-trained in the medical field (might be a pharmacologist, nurse, PhD student, etc), and they will be there to facilitate your group discussions and grade you accordingly.

A grade (A-E) will be given at the end of every term, and an assessment sheet will be filled out by your tutor about your conduct, participation, etc.

Basically, it is where lots of discussions take place, with the purpose of simulating what doctors do in the future- discussing cases with fellow colleagues about patients and collaborating to gain more knowledge and come to consensus. Hence, our program is centered around this “module”, and you will find all other module (to be described later) all coming together to be included into CBL.

**Tips for CBL:**

1. Prepare well before each session so you go in comfortable to speak. Good preparation really makes a difference.
2. **CBL is structured & moves in a predictable manner in:**
   - a. Symptoms & Differential Diagnosis
   - b. Anatomy & Physiology (@ times histology)
   - c. Physical Examination
   - d. Investigations
   - e. Management
3. If you feel your preparation is unfruitful, sometimes take a step back or even ask for help. Try to see the bigger picture first & don’t get stucked by potholes (tiny tiny stupid details your CBL classmate come up with or your obsessive nature causing you to only find the answer for 1 pathetic question)
4. Don’t NEGLECT bio, clinical skills & resource!!! I feel that although CBL is the ‘major’ tutorial of the 4 as it is graded, the other subjects allow you to progress as
an all rounded medical student/professional. The way the University structures it’s program around CBL has it’s Pros & Cons. You will soon learn to love or dread it…” HanYang

“Prepare prepare prepare. Don’t be afraid to point out each other’s mistakes.. for all you know, after voicing it out and discussing the point, you might realise that you’ve been wrong all this while. Be humble, yet not timid.” Frederick

“CBL can be a very fun process. It does depend on your group members in a way, but that’s got to do with luck. On your part, you have to be prepared for all the sessions (try your best to be anyway), and don’t be afraid to speak up! The ‘angmoh’ culture is very different from Singapore’s. People there are pretty outspoken and willing to show that they know their stuff, so don’t be shy and keep pushing yourself to speak and you will be more comfortable with it after a while. CBL trains your people-skills as well. It’s a good way to make friends with the locals. “Shanti

“Unless you were born you talk, you’re unlikely to be able to outtalk to Aussies. If you’re unlucky, you may find yourself in a position that you can’t even find an opportunity to cut in and make yourself heard. Do not be afraid to be rude, whenever they stumble in their sentence, make a loud sound eg, UMMMMM. And quickly cut in.” Vera

“Don’t really like it, but you will have to get use to it. You’ve got to talk in the class if you want to get marks. Just pass it and you will be fine, don’t get too stress up over this. Tutors will comment on your performance or just ask them, and improve from there.” Clarence

“Before you enter CBL, throw away any notions that it will be awkward, overwhelming, or really difficult. Everyone is starting off on the same foot and you will find that each and every one of you will be helping each other learn and reinforce knowledge that you gain from lectures and books. That is why you guys will be interdependent. You may find your understanding challenged by someone else and get frustrated. But one advice is to hear them out. Don’t jump to quick conclusions. Attempt to logically process the information and then pick out the fallacies and strengths of their arguments. Speak up or you will be left behind. Even if you think you are spouting out incorrect or irrelevant bits of information, speaking up will allow people to correct them and prevent you from having a misinterpretation of information. And do not ostracise someone if they seem to be contributing incorrect information. Try to understand why they drew up such
conclusions in the first place and then explain in a logical, polite manner why you feel that it should not be that way. Reasoning in this manner will also help you when you have not read up on something and you are trying to come up with a logical explanation. You will not be able to know everything. Remember that there are many ways to skin a cat. You may find that reading a same bit of information; everyone comes up with different interpretations. CBL allows you to voice them out so that your group members can identify the right bits together. Don’t feel shy or out of place, most Aussies are friendly. It will be a fun learning process and you will find that as the semester goes on, you guys will become a close knit group. “ Vishnu

CBL is not as intimidating as it seems. It’s all about getting the hang of things and adjusting to how it works. ALWAYS contribute and talk, so if you have issues with talking in a group, start thinking about how you’re going to overcome that fear. The Australians are very friendly and helpful, so just say whatever information you know and you’ll find that it is a wonderful learning process.

CBL is all about preparation too. Always prepare before class, never go without preparation, you will find that you become really quiet and that is definitely NOT a good thing. Moreover, consistency will definitely help you when exams are nearing, it becomes all about revision and not learning one whole new chapter. First year is a lot of fun, so learn to enjoy the process and not get too stressed out!

Your opportunity to really digest and internalize everything you’ve learnt/researched on. it’s a great interaction time with people and you make some of your best friends there. just make the most of it because it’s the key component to ace-ing your exams –Tess

Prepare consistently for it. Try to get into the frame of mind of creating questions and trying to answer your questions rather than just memorizing information. If you are able to come up with questions and have answers for them, you will retain the information better and this method of thinking will get you through the CBL questions, cos the entire case and the sessions are based around answering questions/solving problems. -Darryl

Prepare well for each session. Don’t be afraid to speak out. (Brush up on pronunciation if you suck or end up looking like a fool at times.) –Steven

• Speak up. (unfortunate for quiet people I know)
• Don’t be too polite. The group won’t bear grudges against you for interrupting them
Clinical Skills

**What is Clinical Skills all about?**

It’s pretty much self-explanatory.

Classes are once a week - 2 hours each session. It is the more practical aspect of the course, where you get to take histories from patients, perform physical examinations on patients, take blood pressures, tap people with your tendon hammer and other such ‘fun’ activities.

The school employs what is known as standardized patients (SPs) for you to practice on each session, and these people are basically paid members of the public who act as patients. It’s good practice, and less daunting than the real thing, and provides you with a safe environment to make mistakes and learn.

Like CBL, attendance is taken for Clinical skills, and you will need to prepare a set of guidelines for each session. You will be informed on how to do that during your first Clinical skills class.

There will be Objective Structured Clinical Examination (OSCEs) as part of your exams schedule where you go from station to station performing physical examinations or taking histories from SPs, on which you will be graded.

**Tips for Clinical Skills:**

“The first few sessions will be extremely terrifying, especially the first session

- Ben Lee
where you meet the SPs. But not to worry, after a couple of sessions, you will learn to relax and grow in confidence and hopefully you will be able to enjoy Clin skills. It’s all about PRACTICE PRACTICE PRACTICE. Prepare yourself for random, awkward and sometimes hilarious moments which can only happen when you have a bunch of inexperienced teenagers/young adults (whatever) trying to learn how to examine patients.” May

“Practice makes perfect. Get a group and practice together. Get your BP reading techniques up to speed.” Frederick

“DO NOT copy the whole of Talley for your guidelines. It is just pointless. Try to get the main steps in physical examinations because you need to know cause that is what is needed in the OSCE (the exam). And expect FUN!!” Clarence

“Practice with friends. And don’t be afraid to make mistakes! CS tutors/environment encourages positive learning even when you make mistakes etc, so just do whatever you can!” Kathryn

“Most fun session, practice with your friends, go in have fun & see who collects the most trophies (compliments from tutors) =)" -HanYang

Remember to get your stethoscopes! Littman is recommended. The standardized patients you will get to work on and interact with are generally very nice and helpful. You’ll get better as the year goes by: taking histories becomes really easy as there are standard questions to ask. Physical examinations are a lot of fun, pay attention during their demonstrations cause they only do it ONCE! But of course you could ask the tutors if you have any doubts, they are more than willing to help and teach😊

PRACTICE! Your skills get better with more practice. Moreover, you get more familiar with the procedures and certain movements. Thus, situations where you get caught in awkward positions with the patient can be avoided. - Alicia

Be prepared and start practising early. Practice every maybe for 30 minutes. Although it might seem trivial its the consistency that will make you competent. -Darryl

Super fun, super interesting, always prepare before going for lessons -Tess

Just listen attentively, read your Talley and O’connor, and don’t be afraid to volunteer. -Steven
• Try to get assessed whenever you can, don’t be afraid. That is when you get good feedback from the tutors as well.
• Doing guidelines may be a chore but try to finish them before each clinical session. Even if you don’t understand what you read before, they will all start to make sense after class.
• Be consistent with your guidelines; don’t leave them to the last minute. Try to update them after each session. –Ben Lee

Resource

**What is Resource all about?**

Resource sessions are sessions in the Anatomy Lab, where you look at prosections, X-rays, cross-sections, histology slides, and basically anything anatomy-related. You will usually have them once or twice a week. No attendance is taken for resource sessions, but it is highly recommended to attend them to incorporate your studying.

Not to worry though, you will be aided by the helpful professors in the anatomy laboratory who will be present during every session to answer your queries and guide you in your learning.

**Tips for Resource:**

“Make sure you answer all the questions on the resource notes before you even enter the lab. It might seem like it takes a lot of time but really, it will save you a lot of heartache. This is important.” Darryl

“Basically you go around analysing cadavers. Make the most of it, don’t be afraid to grab a tutor/doctor and ask questions. Great for revision.” Jin Lin

“Prepare for sessions, read the handouts and try to answer the questions. Address your doubts during the sessions and analyse your understanding after the session.” Nicholas

“Resource is the bane of my life...... I honestly fear resource exams so badly its crazy. But what can I say, be prepared to memorize, try to understand, keep on trying, and please be consistent all the way. Lagging behind in CBL cases for
anatomy can be a killer during revision week. Don’t let resource accumulate it will hunt you down and kill you. The resource worksheets may seem very tedious and lame, but try to answer all the questions in it. It will be beneficial for exams. Histology is a big big big part of resource also. And it’s very difficult to learn cos there are barely any lectures on it and you basically have to learn the whole thing yourself. So start early and don’t just dump it to one side when it comes. It takes up alot of marks in resource exam and can be very costly if you don’t know it.” Shanti

“Expect to learn a lot on your own, and expect to not know a lot of things more than half the time, and try to go for resource sessions as much as you can.” Ed-millia

“Don’t be afraid to get in there!! There’s no point standing a distance away and thinking that you can see the hidden artery/nerve/vein. It is important for you to actually see where it is, not guess cause in exams you don’t get marks for guessing!! Get down and dirty with it. Feel, touch and see where everything is. Don’t leave the station until you’re absolutely sure you can answer the questions related to it. Work in groups for resource. I find small groups of 3-4 work best. Constantly ask and quiz each other on the different parts. This is the best way to stimulate your learning and to clarify any doubts about the things you see in the lab.” Sheng Yang

“No attendance is marked for resource, therefore it really is up to the individual to do their worksheets and actively engage the lab assistants for their pearls of wisdom. Benefits of doing your resource is you’ll gradually built up anatomy & histology knowledge. The worksheets tend to have a lot of clinical questions which is to enrich your learning of the otherwise BORING anatomy.” HanYang

“Prepare before resource sessions, as the time you have is limited. It should be used to ask the doctors or tutors any questions you might have and to clear any doubts too. As resource is not tested anymore, it tends to be neglected. However, anatomy is integrated into the other exams and having sufficient knowledge of the human anatomy is very useful in understanding the cases and the physiology of the human body.

Moreover, it is not everyday that you get to see a cadaver. So answer the questions on your resource sheets before going for class!” Alicia
Medical Professional and Personal Development (MPPD)

**What is MPPD all about?**

- Consists of an ethics and a personal development component
- Sessions are usually held once a week in tutorial groups of about 10 people
- You will learn about medical ethics and patient communication skills.
- Components will also be taught in lectures, and you will have to participate in sessions and complete a few e-learning tasks.

There will be MPPD components in the written examinations, where you will be given scenarios and asked to make decisions and give explanations for them. Likewise, there are MPPD stations in the OSCEs, where your communication skills will be evaluated.

**Tips for MPPD:**

“MPPD is really easy. Just need to relax and contribute to the discussions brought up. Do not be late for MPPD and be polite when bringing up new points as it counts to your professionalism.” Alicia

“One of my favourite classes cos it’s basically what being a doctor should be about - helping people, being compassionate, empathetic etc. it’s relaxed and fun, pray you get good tutors and great classmates!” Tess

“Usually common-sense with a heart can pull you through the tutorials, but do have a read through the case scenarios before going to class so you have at least a background to build up your crap on..” Fredrerick

“Speak up in class for fun; not really graded on class participation but oh well, it can be a pretty fun tutorial!” Kathryn

“It’s basically common-sense. It isn’t uncommon for people to skip MPPD lectures even though it is an examinable component. I can’t say much about whether or not you should attend the lectures when I barely attend them myself, but all the lecture slides can be accessed”
online anyway. Sometimes the tutorials can be quite fun though, and
even though they may seem pretty nonsensical at times, when you
think back on it you might find them slightly useful in building your
communication skills.”  May

“Just attend the tutorials and have fun. Its quite easy and
commonsensical.” Darryl
Biology aka Fundamentals of Biomedical Science (FBS)

All Year 1 Medical students in Adelaide University need to take this subject (2 modules, 1 per semester) as of the 2011 curriculum, regardless of whether you have taken Biology in JC, or if you’re a girl or guy (served NS). It is a requirement to attain a **minimum of ‘pass’ grade**.

**Tips for Biology:**

“For Biology, if you have taken Biology as part of A levels, KEEP YOUR NOTES and bring them along. For the first semester of Biology, it’s basically a repeat of what we have done in JC. Plus the university notes are terrible and way too summarised. If you have Campbell and Reese, you may want to bring it along. Personally I survived perfectly without it and passed using my old notes and the university notes.” Sheng Yang

“Although your ‘A’ levels bio notes may help, the biology program covers additional topics not thought in ‘A’ levels such as Apoptosis & Necrosis, Cytoskeleton, Extracellular matrix, etc. Thus do not underestimate Biology. With that said, take heart as the exams are not set to slaughter students. Do your tutorial, read notes & listen to online lectures. (sometimes the lecturers go into too much details like caspace 9)” HanYang

“I BOUGHT WHAT UNI RECOMMENDED AND HARDLY USED. IMO, DON’T WASTE YOUR MONEY TO BUY. IF YOU HAVE TOO MUCH MONEY, COME AND FIND ME, I SELL TO YOU. Uni notes should suffice.” Vera

“Do not buy Campbell and Reece (the official Biology textbook). Don’t listen to people who try to sell you theirs. Go for all your bio lectures and you will be fine.” Izwan

“USE JC NOTES BRING THEM ALONG!!” Alicia

“half of it you’d have learnt in jc bio so it's manageable. tutes are good for revision and lectures i don't know cos i've not gone for the majority of it..” Tess

“If you are able to answer all the tutorial questions, you'll pass.” Darryl
Words of “wisdom”

• Work hard, play hard. Consistent work works for me..

• Get used to the medical language (yes it’s a language on it’s own, eg. anterior, posterior, superior, inferior, hepato___ (to do with liver)/ cardio___ (to do with heart)/ ___itits (inflammation)/ ____cyte (matured cell)/ ___blast (immature cell)

• Teaching/Explaining/Discussing what you’ve learnt on your own is the best way to remember it, but if you realise you’re wrong, be humble, and be responsible, make sure you correct yourself and let others know you’ve told them wrong information too.

• Relax! You’ll get used to it eventually.

• Seek help!! (Everyone needs help, even spiderman..... (random)

- Frederick

“You might take some time to get used to the whole med school thing. And... Bio lectures are recorded? :D”

- Ed-millia

“Be consistent, all the way, for every CBL case, even if you hate the case. Don’t lag behind for one or two cases because it’s very hard to catch up when there is constantly new material and knowledge coming in that you have to grasp. Seriously and you don’t have time during revision week to learn new things. Learn it when your CBL group is going through it, even if it’s not in full-detail but it makes revision a lot easier when u go back to read through it again. Don’t be afraid to ask for help if you need it. I’m sure you guys will make good friends that u can study with, so go and study together it’s a lot less painful as well. Ask seniors /tutors/ classmates whoever if you’re struggling, don’t ignore problems till the last minute.”

- Shanti

“The online resources that are provided by the AMSS are gold. They have an excellent database with stuff that can help you in every area of study, from anatomy all the way to pathology. Feel free to approach any of the seniors (myself included) for recommendations on which websites to use and where
to find e books. Oh and all the resources are free so yes. GOLD."
- Izwan

"Have a balanced lifestyle! All work and no play makes (insert your name) a dull boy/girl. Go out, exercise, have fun! Medicine can be stressful and we all need an outlet. So to keep your mind healthy, you need to keep your body healthy too!
Be consistent in your work cause it’s really hard to go back to things you miss out simply cause you have so many new things to remember, you either don’t have the time to go back to them or you simply forget! Clear the doubts you have in CBL or with each other or with your seniors.
Be Curious! Always ask questions, as cliché as it sounds, you may find that you’re not the only one who doesn’t know. Questions make you think.
Medicine is never as straight forward as it looks and for you to do well, never be satisfied with the basics. That being said, there really are some things which are covered in later years so don’t worry about that if you aren’t getting the explanations for it. In addition, humanity still hasn’t found out many things so sometimes it’s ok to have ‘there is no reason’ as an answer!"
- Sheng Yang

Don’t do last minute revision. Have an open mindset. Medicine isn’t 1 way approach.

Always try to be consistent and revise. Don’t go back to Singapore during term breaks, use the extra time to revise/save money. (Your friends will be busy with their own stuff. They won’t miss you that much.)

Have a clear understanding. Do memorize unless it is a must (eg. muscle names, nerve names, blood vessels, etc.)

Read over and over if you don’t understand. Ask seniors to explain if you really can’t.

MOST IMPORTANT:

HAVE FUN AND MIX AROUND WITH THE LOCALS. DON’T JUST STICK TO SINGAPOREANS.
- Steven

Always prepare, you’re there to study so i guess it’s mainly about knowing your priorities. your seniors (us and SERENA :P) are here to help you and are more than willing to help you so don’t hesitate to ask!
First year is a ton of fun! Do not get so focused with studying, you forget to have fun and make friends. After all you’re overseas, make use of this opportunity to integrate into their culture and society. There will be loads of events lined up throughout the year too, these are all opportunities to get to know your cohort a tad bit more. Hope this has helped you guys! See you all soon at the book buying session!© Get excited!

- Alicia
**Important Addresses**

**Yun Nan Book Store**
Blk 231 Bain Street
#04-57/04-53
Bras Basah Complex
6338-4033

**Opening hours:**
Mon - Fri: 10am - 6pm
Saturday: 10am - 6pm
Sundays: Closed
NB: Very good prices on the books

**P G Books**
402 Orchard Rd
#05-20/21
Delfi Orchard
6737-2165, 6733-4854
sales@pgbooks.com

**Opening hours:**
Mon - Sat: 9.30am - 6pm
Closed on Sunday and Public Holidays
NB: Although somewhat more expensive, it is one of the few places in Singapore that sell books from the Thieme publisher which are of very high quality.

**NUS Co-Op**
Science Faculty
NUS
Below Lecture Theatre 27 (LT27)
6778-2596
copcred@nus.edu.sg
(5% discount for co-op members)

**Opening hours:**
NUS Term Time:
Mon - Fri: 8.30am - 6.30pm
Saturday: 9.00am - 1.00pm
Closed on Sundays and Public Holidays
NUS Jun-Jul Vacation:
Mon - Fri: 9.00am - 6.00pm
Closed on Sat, Sun and Public holidays

**ResearchBooks Asia**
10 Sinaran Drive, #04-52
(Near the Novena MRT Station at the Novena Square mall)
6252 5575
info@researchbooksasia.com.sg

**Opening hours:**
Mon - Sat: 11am - 6pm
Sundays: 1pm - 6pm

Check out this link for more details on Medical Bookstores in Singapore: